

Diabetes Quick Reference Guide for Patients

Know your numbers – Track them on your wallet card. Keep a list of your medications.

Office Visits	Test to be Performed	Frequency	Description/Comments
	Blood Pressure	Every visit	Goal is less than 130/80
	Dilated Eye Exam	Once a year	Either ophthalmologist or optometrist (your medical provider will advise)
	Dental Exam	Every 6 months	To identify periodontal disease
	Brief Foot Exam	Every visit	Remove shoes and socks
	Complete Foot Exam	Once a year	If at high risk may need a podiatrist referral
	Flu Vaccine	Every fall	
	Pneumonia Vaccine	At time of diagnosis	Discuss re-vaccination with medical provider
Labs	Test to be Performed	Frequency	Description/Comments
	Hemoglobin A1C	Every 3 to 6 months	Goal less than 7%
	Triglycerides (fat)	Once a year	Goal less than 150 mg/dl
	LDL (Bad) Cholesterol	Once a year	Goal less than 100 mg/dl, or less than 70 mg/dl if high risk for heart disease
	HDL (Good) Cholesterol	Once a year	Goal greater than 40 for men; greater than 50 for women
	Urine for microalbuminuria	Once a year	Goal less than 30 ug albumin/mg of creatinine
Self Management	Test to be Performed	Frequency	Description/Comments
	Setting personal goals & discussing them with your medical providers Wear diabetic identification	Every visit	See diabetes educators. Attend diabetes education and other programs as advised.
	Checking Blood Sugar If on hypoglycemic producing meds carry glucose	As advised	Aim to reach personal goals and prescribed target range of 70-120 mg/dl.
	Healthy Food Choices & Body Weight Management	As advised	Eat more whole grains, vegetables and fruits. Eat less butter, stick margarines, fatty meats, and baked pastries. Talk to a dietician.
	Physical Activity/Exercise	At least 30 minutes on 5 days of the week	Move more and try to have fun. Walk, swim, bike, dance, work in the garden, ski, lift weights, climb the stairs, etc.

Adapted from the Vermont Department of Health Guide and the 2008 ADA Clinical Practice Recommendations. This document is not intended to replace the advice of your medical provider.